



Family Readiness Program Newsletter

“Keeping In Touch”

132d Fighter Wing / Iowa Air National Guard

January/February 2010 Issue



Yellow Ribbon Reintegration Workshop **6 March 2010**

On 6 March 2010, the 132d Fighter Wing will be holding its first Yellow Ribbon Reintegration Workshop for our returning Airmen and their Families. Those Airmen that deployed 90 days or more are mandated to attend. Those Airmen that deployed 89 days or less are highly encouraged to attend voluntarily with their Commander/Supervisors approval. The workshop will include briefings from Tricare, VA Hospital, ESGR, Military One Source, and will include information on the Post 9/11 GI Bill. The afternoon sessions will include an overview of the “Strong Bonds” program, information on Stress Management, Financial Management, and Child and Youth Services. Those Airmen and Families attending voluntarily are welcome to attend only those briefings of interest. For example, if you wish to only attend the Tricare briefing, then that Airman only needs to be present for that portion of the workshop. Again, Airmen deployed 90 days or more must be present for the entire workshop.

Family members are highly encouraged to attend. This is a great opportunity to learn more about the resources and benefits available to you and your family, and a forum to talk to others about any issues or concerns you may have had during the deployment. Family members (i.e. spouse and/or parents) will be placed on invitation travel orders, and reimbursed lodging (if you live outside the authorized commuting distance), per diem, and mileage. Once a

location is determined; the Family Readiness Office will mail Airmen and Families information on the workshop. If you have any questions regarding the Yellow Ribbon Reintegration Workshop, please contact me at 515-256-8786 or Amanda.wicker@ang.af.mil. Hope to see you there!

NO MEETING IN JANUARY

NEXT MEETING

February 7th at 1:30pm in the Computer Classroom Bldg 107. Childcare is provided. All are welcome to attend.

Meeting dates for FY 10

7 March at 1:30pm

No meeting in April

No meeting in May (Family Day)

13 June at 1:30pm

No meeting in July

No meeting in August (ORE Prep)

12 September at 1:30pm

No meeting in October (ORI)

NOTE: Dates/times may change; be sure to check the family readiness newsletter for the most current information.

Upcoming Strong Bonds Workshops

Prevention & Relationship Enhancement Program

This workshop and materials teach couples the skills they need to nurture a lasting relationship. PREP begins by teaching effective communication skills, addresses problem resolution strategies, and reveals how to discover the hidden issues in every relationship.

*May 15-16, 2010- Davenport, IA
August 14-15, 2010- Iowa City, IA*

Laugh Your Way to a Better Marriage

Developed by Pastor Mark Gungor, this program takes a very humorous look at the difference between men and women and will have you rolling in the aisles with laughter. Laugh Your Way's Flag Page will help couples see how they are made and embrace those differences or similarities in their mates.

*March 20-21, 2010- Sioux City, IA
July 17-18, 2010- Des Moines, IA*

Premarital Interpersonal Choices & Knowledge

PICK is designed to help single service members enhance relationships in their lives, with significant others, family members, and/or co-workers. We will cover personality types, take an interest inventory for career planning, and learn how not to marry a jerk or jerkette.

January 23-24, 2010- Des Moines, IA

7 Habits of Highly Effective Military Families

This program uses military family examples to help military families endure the difficult

OPTEMPO the Iowa Guard has seen in recent years.

This is one of the best programs available to help military families learn how to stay focused, stay positive and set goals for themselves and their families.

*February 20-21, 2010- Burlington, IA
July 24-25, 2010- Boone YMCA Camp*

For more information or to register, contact Amanda Wicker at 515-256-8786 or by email at Amanda.wicker@ang.af.mil.

SAVE THE DATE

***2 MAY 2010-
Family Day at Living History
Farms***

Scholarships for Military Children

Scholarship applications are now available in commissaries worldwide and online at the Scholarships for Military Children website. Only dependent, unmarried children, younger than age 21 (age 23 if enrolled as a full-time student at a college or university) of active duty personnel, Reserve, Guard and retired military members, survivors of servicemembers may apply for a scholarship. Applicants should prepare to submit an essay. Applications must be turned in to a commissary by close of business Feb. 17, 2010. At least one scholarship will be awarded at every commissary location with qualified applicants. For more information, visit the Commissaries.com website and the Scholarships for Military Children website.

<http://www.militaryscholar.org>

Officials launch new Air Force community Web site

by Master Sgt. Stan Parker
Secretary of the Air Force Public Affairs

12/2/2009 - **WASHINGTON (AFNS)** -- Air Force officials have launched a new Web site to meet social and informational needs of Airmen, civilians, retirees and their families.

The entire Air Force family: all Airmen, married and single; spouses; children; Air Force civilians; and retirees are invited to log on to <http://www.usafservices.com>, the official community Web site of the Air Force. The Web site enables users to add friends, send messages and update their personal profiles to notify family and friends about themselves.

Registered users will find the site allows for real-time socializing through the use of private or public chats according to Mrs. Eliza Nesmith, Airmen and family services chief. Officials aren't just optimistic based on the site's popularity, but also by feedback received regarding its functionality.

Additionally, users can join networks or create forums ranging in topics from deployed spouse support to families with special needs.

"The new Web site is going to be very exciting and useful for Airmen and their families," said Ms. Nesmith. "We have about 2,200 users who are using the site right now, from an initial 600."

Although Airmen and families may be surprised by the absence of Air Force Crossroads, officials emphasized this important capability will continue to exist under the new domain.

Airmen will see advantages of the new site, particularly the new social networking

feature, Ms. Nesmith said. The feature called "My Journal", under the "Share" tab functions much like Facebook and allows registered users to invite friends, join groups and post photos or videos. Like commercial sites, users can restrict access, allowing only those known to them to view their information and post messages. Another feature enables users to join or create forums ranging in topics from deployed spouse support to families with special needs.

Active duty, retirees, reservists, Guardsmen, Department of Defense employees and others who are enrolled in the Defense Enrollment Eligibility Reporting System may register as users on the site.

Users will notice that the Web site does not require the use of a common access card, but under optimized security measures, users can create a unique account username and a 15 character password, Ms. Nesmith said. Despite increased security measures, the site will be accessible from government and personal computers, she added.

Air Force officials' weighed the decision to discontinue GI Mail. Over the past few years, officials have noticed the feature was an important tool for families to stay in touch, while others used it for their official mail or even to pay bills.

"We are very sensitive to drawing down that capability ... but the social networking and contact with family during a deployment is going to be an easy and important part of usafservices.com," Ms. Nesmith said, noting a messaging feature, forums and a real-time.

While there is no capability or contact list link between Air Force Crossroads/GI Mail and the new usafservices.com Web site, users can click on the Webmaster link to solicit help.

"Once Airmen and their families get

accustomed to using the Web site, they will find that it is a very user friendly site that will give them much more flexibility than they have had on similar Web sites," Ms. Nesmith said. "During this Year of the Air Force Family, we really want to take a look at policies and procedures and see what we can do better. This is one of them."

Senior leaders have designated July 2009 through July 2010 as the Year of the Air Force Family, maintaining their commitment and attention to Airmen and their families as a top priority. Airmen and Family Support is one of the four pillars on which the Year of the Air Force Family is built, including Health and Wellness, Education, Development and Employment and Airman and Family Housing.

'Let's Say Thanks'

The "Let's Say Thanks" website lets you send a free personalized postcard to deployed Servicemembers. What's more, the site has a variety of free cards to choose from. The Xerox Corp. will print the cards at no cost to the participant. The cards will then be sent to U.S. military personnel stationed overseas. To participate in this endeavor and thank our Soldiers, visit the Let's Say Thanks website.

<http://www.lets saythanks.com/>

Free SAT ACT PowerPrep Software

In alliance with the DoD and supported by a group of patriotic NFL players, eKnowledge is donating the latest version of their SAT/ACT Test Prep Programs FREE to Military Servicemembers and their extended families. The donated SAT/ACT PowerPrep software retails for \$200. The advanced eKnowledge PowerPrep features special SAT/ACT test prep content in a highly personalized virtual learning environment. The new SAT/ACT software gives the

student access to over 20 hours of Virtual Classroom instruction and 3,000 files of supplemental test prep material. Thousands of interactive diagnostic tools, sample questions, practice tests and graphic teaching illustrations are indexed for easy use. The new PowerPrep software is MAC and Vista compatible.

Start getting prepared now, SAT and ACT registration deadlines for 2010 are just around the corner. To order,

visit: <http://www.eknowledge.com/NFL>

Enter Sponsorship

Code: FBEC67159

National Military Family Association officials accepting scholarship applications from military spouses

Dec. 9, 2009

Release No. 169

By Maj. Belinda Petersen

Air Force Personnel Center Public Affairs

RANDOLPH AIR FORCE BASE, Texas – National Military Family Association officials are accepting scholarship applications from military spouses. The application deadline is midnight, Jan. 31, 2010.

The Joanne Holbrook Patton Military Spouse Scholarship program awards up to \$1,000 to military spouses to obtain professional certification or to attend post secondary or graduate school. The program consists of a general scholarship, a scholarship for spouses of the wounded, and a scholarship for spouses of the fallen.

"The National Military Family Association recognizes that unique challenges like frequent moves and deployments can interfere with military spouses' ability to complete their education. In order to help spouses reach their career and educational goals, we offer scholarship opportunities, as

well as a web portal stocked with military spouse education resources and information," said Ms. Joyce Raezer, executive director of the National Military Family Association.

Applications will only be accepted online at <http://www.militaryfamily.org/scholarships>. Spouses of uniformed service members (active duty, National Guard and Reserve, retirees, and survivors) of any branch or rank are eligible to apply. The scholarship funds may be used to assist with tuition, fees, and school room and board.

Award notifications will be made in March and scholarship checks will be mailed by June. If selected for a scholarship award, applicants must be able to enroll in a school or vocational program and show proof of eligibility by April 1, 2010.

For more details about this scholarship program, including how to apply, visit <http://www.militaryfamily.org/our-programs/military-spouse-scholarships/scholarship-instructions.html>.

DePLAYment Tags Coming Soon

December 21, 2009
Air Force Print News|by Maj. Belinda Petersen
RANDOLPH AIR FORCE BASE, Texas - Air Force Services Agency officials will be offering DePLAYment tags to families of deployed members starting Dec. 21 through July 31, 2010, as part of the Year of the Air Force Family.

Eligible members can log on to <http://www.myairforcelife.com> to see if their installation is participating and find out where to pick up their tags.

Once registered, the tag-pass holder can use the tags to qualify for free and reduced fee programs, such as free youth classes, instructional classes, sports programs, hourly childcare, and family programs for the family left at home during deployment or upon return of the member.

"The tags look like dog tags and can be placed on your key ring, much like the ones used at stores in the United States to indicate a frequent shopper," said Ms. Carol Sudy, Air Force Services Agency marketing specialist. "The pre-printed numbered code on the back of the dog tag serves as a unique identifier for each family member."

Recently, Air Force Services Agency officials launched MyAirForceLife.com to help Airmen stay connected, informed and engaged in programs as part of the Year of the Air Force Family.

"The theme of our campaign is 'The Air Force is a great place to live, work and play,'" said Mr. Mike Bensen, deputy to the commander of Air Force Services Agency. "Our focus is to make it even better for our Air Force family. The Web site highlights the core 'Year of the Air Force Family' programs and activities."

"An Airman's deployment is really a family's deployment. Airmen expect us to provide a stable environment for them and their families. And, doing so is part of our heritage and culture," Secretary of the Air Force Michael B. Donley said during his speech to the Air Force Sergeants Association in August.

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**OUTWARD BOUND OFFERING FREE
WILDERNESS EXPEDITIONS
FOR OEF/OIF VETERANS**

*Seeking veterans nationwide for all
expenses paid expeditions*

Outward Bound, a 45-year old non-profit outdoor, adventure-education organization, is looking for **OEF and OIF Veterans**, interested in participating in **fully-funded reintegration wilderness expeditions**. Adventures are physically, mentally and emotionally stimulating and work to build the self-confidence, trust, and communication skills necessary to successfully return to their families and communities following war time service.

Goals of the program are to provide a positive outdoor experience for military veterans that will enable them to experience the healing benefits of the natural world and benefit from quality environmental education.

Who: Available to all OEF or OIF Veterans who were deployed to Iraq and/or Afghanistan, pending medical screening

What: A 5-7 day Wilderness Expedition: may include backpacking, rock climbing, canoeing, dogsledding, sailing, sea kayaking and white water rafting

When: Dates available year-round

Where: Wilderness locations include: California, Colorado, Maine, Maryland, Minnesota, New Jersey, Pennsylvania, Utah, Oregon, Washington, Alabama, and Florida

How: What sets Outward Bound apart is that the goal is personal growth. The wilderness and the skills learned to deal with it are simply a vehicle for growth.

Cost: All expenses paid! Veterans will not be responsible for cost of expedition

including round-trip stateside transportation to course site. Funding provided by the *Military Family Outdoor Initiative Project*, a joint project of the Sierra Club and The Sierra Club Foundation.

To Enroll: Please call 1-866-669-2362 ext 8387 (VETS) Website:
<http://www.outwardbound.org/index.cfm/do/cp.veterans>

FREE 4-H Enrollment!!!

Any Military Youth with a parent, step-parent, or sibling currently in the military (but do not have to be currently deployed) can join a 4-H club in Iowa for FREE! Operation: Military Kids will pay the 4-H enrollment or re-enrollment fee for Military Kids. Sign up for 4-H at your county Extension office and make sure they know that your family is eligible for OMK to pay for your 4-H enrollment fee.

4-H is a community of young people across America who are learning leadership, citizenship and life skills. 4-H is the non-formal, dynamic youth development education program of the Iowa State University and United States Department of Agriculture. Whether you live in town, the suburbs, on a farm or in the city, you can belong to the 4-H Program. 4-H helps youth develop skills to live better lives in their communities.

Iowa 4-H is a hands-on learning program for youth in grades K-12. Clover Kids is a 4-H program for youth in grades K-3. In Iowa, 4-H is the youth part of Iowa State University Extension. Each county has an ISU Extension office that manages the local 4-H program.

The goal of 4-H youth programming is to provide opportunities for youth to experience life skills, to practice them and be able to use them throughout their

lifetime.

4-H is about helping young people meet their needs and build skills in a positive way. We have a commitment to working with young people in a variety of settings including schools, day camps, overnight camps, afterschool, clubs, and other learning environments.

For more information, visit:
<http://www.extension.iastate.edu/4H/> or
contact your local ISU Extension Office.

Anheuser-Busch offers free theme park admission

Dec. 17, 2009
Release No. 178

By Air Force Personnel Center Public
Affairs

RANDOLPH AIR FORCE BASE, Texas - A tribute program that has provided free admission to SeaWorld and Busch Gardens for more than 4 million members of U.S. and coalition armed forces and their families has been extended through 2010.

"Here's to the Heroes," a program sponsored by Anheuser-Busch, was launched in February 2005 to celebrate the service of military men and women and the sacrifices made by their families.

"It's gratifying to all of us that so many members of our armed forces have taken advantage of this program and honored us with a visit," said Jim Atchison, president and chief executive officer of SeaWorld parks and entertainment. "This is a difficult time for our men and women in uniform - and their families - and we are honored to give them something back."

Free admission is for any active duty, active reserve, ready reserve service member or National Guardsman representing any of the five service branches and as many as three of his or her direct dependents.

All servicemembers need do is register online at <http://www.herosalute.com> or in the entrance plaza of a participating park, and show a Department of Defense photo identification.

Each pass is valid for a one-day admission per person per year to five of Anheuser-Busch's seven theme park brands. Visitors may choose Sea World Orlando, San Diego or San Antonio; Busch Gardens Tampa or Williamsburg; Pennsylvania's Sesame Place; Florida's Adventure Island; or Virginia's Water Country USA. Discovery Cove and Aquatic parks are not included in this offer.

SeaWorld Orlando, Busch Gardens Tampa and SeaWorld San Diego operate year round. The company's remaining parks are seasonal, with varying opening dates this spring. Each park's operating schedule is available online.

Anheuser-Busch is a corporate supporter of America Supports You, a Defense Department program connecting citizens and corporations with servicemembers and their families serving at home and abroad.

TRICARE to offer program for 'gray area' reservists

Story courtesy of Tricare
FALLS CHURCH, Va., (12/17/09) -- A new program will offer "gray area" reservists the opportunity to purchase TRICARE health care coverage.

While qualified members of the Selected Reserve may purchase premium-based

coverage under TRICARE Reserve Select (TRS), retired National Guard and Reserve personnel did not have TRICARE health coverage options until they reached age 60.

Under a provision of the National Defense Authorization Act for 2010, that's all changed.

The new provision will allow certain members of the Retired Reserve who are not yet age 60 ("gray-area" retirees), to purchase TRICARE Standard (and Extra) coverage. TRICARE Extra simply means beneficiaries have lower out of pocket costs if they use a network provider.

"We're working hard to coordinate all the details of eligibility, coverage and costs, and expedite implementation of this important program," said Rear Adm. Christine Hunter, deputy director of the TRICARE Management Activity. "This is a major benefit program with implementation on the same magnitude as TRS. It will require detailed design, development and testing, but qualified retired reservists should be able to purchase coverage by late summer or early fall of 2010."

While the health care benefit provided for gray-area retirees will be TRICARE Standard and Extra – similar to TRS – the new program will differ from TRS in its qualifications, premiums, copayment rates and catastrophic cap requirements. The program is tentatively called TRICARE Retired Reserve.

The new statute requires premium rates to equal the full cost of the coverage. That is the major difference contrasted with TRS, where the statute provides that Selected Reserve members pay only 28 percent of the

cost of the coverage. Premiums for the new gray area retiree program will be announced after program rules are published in the Federal Register.

This new program offers an important health coverage option for Reserve and National Guard members who served their country honorably before hanging up their uniforms at retirement, said Hunter.

For more information about TRICARE benefits go to <http://www.tricare.mil>.

All-Star Cast of Comedians 'Stand Up for the Troops' with Free Military Downloads

Singer-songwriter John Ondrasik's gift to military Families is playing it for laughs as "CD For the Troops III" offers a free compilation of comedy routines to Soldiers, Airmen, Sailors, Marines and their families. As part of an ongoing partnership between the artist, TriWest Healthcare Alliance, Aware Records and the Army & Air Force Exchange Service, all active duty military members and veterans with valid military identification can log on to <http://music.aafes.com/> and download the comedy routines.

The CD for the Troops is a free download for military members. An additional 200,000 CDs will be arriving at military bases, Armed Services YMCAs, USO Centers, Fisher Houses and other locations around the world.

<https://shop.aafes.com/shop/Login.aspx?ReturnURL=https://shop.aafes.com/shop/default.aspx?loc=http://music.aafes.com/~>

**Walt Disney World Resort Celebrates
U.S. Military in 2010 With Special Ticket,
Lodging Offers**

LAKE BUENA VISTA, Fla., Jan. 5 /PRNewswire/ -- As Disney Parks ask "What Will You Celebrate?" and invite guests to turn their personal milestones into magical family vacations in 2010, America's military personnel will have more reasons to celebrate: Special offers on theme park tickets and accommodations.

With Disney's Armed Forces Salute, from Jan. 3 to July 31, 2010, active and retired U.S. military personnel (including active and retired members of the United States Coast Guard and active members of the National Guard or Reservists) or their spouses can purchase Disney's 4-Day Military Promotional Base Tickets for \$99, plus tax, for themselves and up to five additional family members or friends for use at Walt Disney World Resort. The Park Hopper and Water Park Fun & More options can be added for an additional \$26, plus tax, per option, per ticket. No more than six Disney's 4-Day Military Promotional Tickets (with or without options) may be purchased by any eligible member of the U.S. military (and/or spouse) pursuant to this offer.

All tickets and options are non-transferable and must be used by Sept. 30, 2010.

However, the tickets and options are not valid for use on the following blackout dates: March 27, 2010, to April 9, 2010, for all Walt Disney World theme parks and other gated attractions; and July 3 to July 4, 2010, for the Magic Kingdom park.

Active and retired U.S. military personnel also can save up to 40 percent on rooms at select Disney resorts! This offer is good for stays most nights Jan. 3-Sept. 30, 2010, except not available 3/28-4/10/10 and 7/1-7/5/10, and can be booked through July 31, 2010. (The number of rooms allocated for this offer is limited. Minimum length of stay

requirements may apply for Friday or Saturday arrivals. Savings based on non-discounted price for the same room. Valid Military ID will be required upon check-in. No group rates or other discounts apply. Advance reservations required. Additional per-adult charges apply if more than two adults per room.)

For information regarding Disney's 4-Day Military Promotional Tickets, or to make room reservations, military personnel may call 407/939-7830 or participating U.S. military base ticket offices. Information is also available at

www.disneyworld.com/military.

Offer Details:

- During the period from January 3 to July 31, 2010 (the "Offer Period"), Disney's 4-Day Military Promotional Tickets may be purchased at participating U.S. military base ticket offices ONLY by Eligible Service Members (defined below) or their spouses (but not both), for themselves and other family members and friends, as provided herein. These Tickets may not be otherwise transferred, distributed or resold.
- "Eligible Service Members" are active or retired members of the U.S. military, including active members of the National Guard or Reservists and active or retired members of the U.S. Coast Guard.
- The actual prices charged at U.S. military base ticket offices for Disney's 4-Day Military Promotional Tickets may be less than the prices set forth above.
- Eligible Service Members (or their spouses) will be required to present valid military identification to purchase Disney's 4-Day Military Promotional Tickets.
- Eligible Service Members (or their spouses) who purchase Disney's 4-Day Military Promotional Tickets for themselves and their family members and friends will be required to activate those Tickets at Walt Disney World® theme park ticket windows, no later than September 26, 2010, in order for those Tickets to be used. Valid military identification will be required.

- **No more than six (6) Disney's 4-Day Military Promotional Tickets may be purchased and activated by any Eligible Service Member and/or spouse (regardless of the place of purchase and whether purchased by that person or that person's spouse), and all six (6) must be purchased at the same time.** Accordingly, no Eligible Service Member (or spouse) may purchase Disney's 4-Day Military Promotional Tickets at any military base ticket office if that person (or that person's spouse) previously purchased Disney's 4-Day Military Promotional Tickets (whether at that same military base ticket office or at any other military base ticket office or at any other place). In addition, one of the six (6) Tickets purchased must be for use by the Eligible Service Member or his/her spouse.
- Disney's 4-Day Military Promotional Tickets will not be valid unless and until activated (no later than September 26, 2010).
- Each Disney's 4-Day Military Promotional Ticket must be used by the same person on any and all days. Disney's 4-Day Military Promotional Tickets may be used **ONLY** by the Eligible Service Members, spouses, other family members or friends for whom they are purchased. In addition, a valid military ID may be required for admission.

- **Disney's 4-Day Military Promotional Tickets (including any options) expire and may not be used after September 30, 2010. In addition, these Tickets (including any options) may not be used on the following blackout dates: March 27, 2010 to April 9, 2010 at all Walt Disney World Theme Parks and other gated attractions; and July 3, 2010 to July 4, 2010 at Magic Kingdom Park.**
- This offer may not be combined with any other ticket offer.
SOURCE Walt Disney World Resort
RELATED LINKS
<http://www.disneyworld.com/military>

***Pick up the phone if you are experiencing an emotional crisis and need to talk to a trained VA professional. You'll be immediately connected with a qualified caring provider who can help.
1-800-273-TALK (8255)***

If you no longer wish to receive this newsletter please contact Amanda Wicker at 515-256-8786 or by email at Amanda.wicker@ang.af.mil

NEW 132d FW SHIRTS

SHIRTS AVAILABLE IN NAVY BLUE ONLY

Adult Sizes: S, M, L, XL, XXL, XXXL

Adult Long Sleeve T-shirts: \$15 (add \$2 for XXL and XXXL)

Adult Hooded Sweatshirt: \$25 (add \$3 for XXL and XXXL)



Front Design



Back Design



Sleeve Design

100% of sale profits are used to provide programs and activities for 132d FW members and their families.

Shirts are available for purchase in the Family Program Office (BLDG 107, room 101).

Cash and Checks are accepted. Make checks payable to 132d FW Family Readiness. Thank you for your support!!!